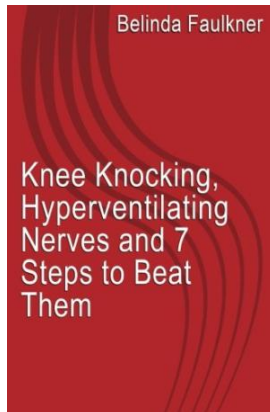


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## KNEE KNOCKING, HYPERVENTILATING NERVES AND 7 STEPS TO BEAT THEM



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